

Married In Renfrew, Ontario



Mr. and Mrs. John Philip MacKinnon are shown above with their attendants following their wedding, which took place on November 24th in Our Lady of Fatima Church in Renfrew, Ontario. From left to right are Mr. Charles Lemchick, brother-in-law of the bride; Mr. George MacKinnon, brother of the groom who was best man; the groom and his bride, the former Miss Ena Kubishki of Renfrew; Mrs. T. A. Wood of Ottawa, matron of honour; and Mr. Gerry Murtagh of Ottawa, formerly of Charlottetown, usher. Mr. MacKinnon, B.Sc. (Agr. Mc-Gill) graduated from Prince of Wales College in the spring of 1948, and was formerly from Grand River, P.E.I., son of Mr. John S. MacKinnon. Mr. and Mrs. MacKinnon will live in Fredericton, N.B. —Photo by Noulton

That Body Of Yours

By James W. Barton, M.D.

HOW EXERCISE STRENGTHENS THE BLOOD

I write often about the "Friend-ly Force" behind mankind and of how Nature is always ahead of man's needs in supplying him with extra blood, extra blood pressure, extra white corpuscles to fight off invading organisms and increased amount of adrenal juice to strengthen him in an emergency.

I have also pointed out how Nature meant that man should use the hundreds of muscles in and on his body to keep him strong physically, give him an appetite, help his digestion, regulate the bowels, enrich his blood and maintain blood pressure. By simple physical work or exercise, man obtains all these helpful services. And should man engage in regular physical training or exercise, if only five to 15 minutes daily, he becomes faster in his movements. This applies to all forms of games or athletics, and a fraction of a second may make the difference between a win and a loss.

An interesting experiment showing the value of work or exercise to man's physical make-up is recorded by Dr. B. Gabraoui, Cairo, in the Journal of the Royal Egyptian Medical Association.

One of the juices very valuable to man's strength and speed of action is histamine as manufactured by the adrenal glands, situated one above each kidney. It is this juice or extract that enables man to do his best if he has to fight or flee in an emergency.

Dr. Gabraoui made observations on healthy volunteers to learn if work, exercise (muscular movement), affected the adrenal glands. The resting blood pressure was measured and 10 cc of blood drawn from the vein just above the elbow joint. This blood acted as a control, showing the amount of histamine in the blood before exercise. The circulation of the blood in the arm was obstructed by raising the pressure to 200 to 220 mm. mercury and the volunteer performed 15 to 20 vigorous contractions of the hand by pressing on a resistance ball. The pressure on the armlet (of the blood pressure

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ELLEN'S DIARY

By an Island Farmer's Wife

James' gift which came as a complete surprise to us — a busy man that he is — was a delightful present. "If you were wishing for things for Christmas" grand daughter questioned us curiously one day, her gift for us already purchased "What would you most wish for?"

We were preparing dinner at the time, frying slices of "home" bacon, a dish that is a favorite of James' "Oh . . ." we deliberated, turning the meat, "a book perhaps — or something to read — or maybe a pen, since the best one is lost. . . ." "Or her voice lowered confidentially "wouldn't you like someone to give you stationery. Aren't you often looking for envelopes? You'd find it useful, now wouldn't you? A nice box of it — with a pretty cover . . . about this big" she indicated with slim small hands. "Yes" we agreed "that would be a lovely gift indeed!"

It was — and so was James' gift to us — the selection of which, as it turned out, was made by the younger farmer on a morning trip to the city. The outing brought back as well a pair of heaters — black and white and of promising appearance. And knowing our farmers, it is extremely unlikely that the pen — this very one with which we now write and much respected by us — was one of the first parcels asked about, claimed, or inspected, on the return of the truck!

Oh no, James would run his hand along the animals' sides, then appraise them critically and then with a small boy's smile of approval help guide them into their stalls. However, our gift — per is a fine realization of a morning wish. It is neat and initialled and found it pretty wrapped with other gifts from the children had brought along the intervening fields with a sled, placed in a corner of the room and trimmed with fetching baubles and bands.

The accompanying card was signed neatly with James' Christian and family name, a custom as he points out, he has acquired of late from a correspondence which consists mostly of endorsing the odd farm-check which presently goes out in currency to buy "store" feed and altogether keep the wolf from the door!

We opened and admired it to the husbandly reminder: "Now take care that you don't burn this one in a mistake, Ellen, as you must have done with your last one!" But the intriguing light of gift-giving was aglow in his eye and the smile which answered ours was the one we have most looked for and found down along the years.

How did we spend Christmas? Most happily, it is true. If we could have a thousand wishes, we should ask for no better. We rose early that frosty white-clad morning, that had the glory of sunlight new snow all about, so that we might catch the surprise and happiness in the faces of the children in the house across the lane — a glimpse of a glimpse of Bethlehem there . . . In the general bustle and excitement of Christmas Eve, Mackie's small sled was stowed for secrecy behind the door in the parlor and was completely forgotten.

It was picked up however, at mid-day on the lawn where Santa Claus, beloved old Saint of Christmas "must have dropped it in his hurrying" for as granddaughter reasoned "there are quite a number of children to be taken care of, even on this road of ours!"

Eyes there were fresh and sparkling and full of the wonder and mystery of filled stockings and the bewitching incidentals that contribute to make it the best Morning of all the year.

Until tomorrow — — Diary — — Good-night

Home For Holidays



Mrs. Eleanor Roosevelt, acting head of the American delegation to the U.N. assembly, now under way in Paris, is seen on her arrival in New York to spend the Yuletide holidays with her family. In an interview with reporters, following her return to the U.S., Mrs. Roosevelt said she believes that Russia isn't likely to meet our peace efforts half way until the U. S. becomes still stronger.

Alice Brooks Designs



EMBROIDERY NEWS

IT'S SO EASY to make this bed-set! Just embroider the simple stitches and add ready-made eyelet for skirts and edgings. You'll make a beautiful gift for someone — quite quickly too!

Pattern 7110; transfer one motif 7 1/2 x 23 inches and two 4 1/2 x 15 inches.

Send Twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs, c/o The Guardian, 80 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

That'll Fix Her

"That woman next door went and got a hat exactly like mine."
"Did you make a fuss about it?"
"No; I gave mine to the cook."

So Soothing
FOR
BABY'S COUGH
BABY'S OWN
COUGH SYRUP

Get the original in New Blue and White colors. Made by the makers of BABY'S OWN TABLETS.

Better English

By V. C. Williams

1. What is wrong with this sentence? "One of those circles is much rounder than the other."
2. What is the correct pronunciation of "persuasive"?
3. Which one of these words is misspelled? Cauterize, temporize, revize, vitalize.
4. What does the word "exol" mean?
5. What is a word beginning with du that means "occasioning doubt"?

ANSWERS

1. This is impossible, since one, or perhaps both, is not a circle at all. A circle is a closed plane, all of whose points are equidistant from the center. 2. Pronounce per-swa-siv, as in saw, both s's as in so; not per-swa-ziv. 3. Revise. 4. To elevate by praise. "The book extolled the many virtues of the great man." 5. Dubious.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

WHILE the auguries are for a pleasant, profitable and expansive state of affairs, with much accomplishment and enhancement of personality, popularity, position, a sudden crisis of far-reaching consequence may turn the tables into quite unpredictable channels. Important events affecting all contracts, relations and phases of living may surprise and call for complete reorganization of plans and objectives. Study futures sagaciously.

For the Birthday

Those whose birthday it is may be prepared for a period of pleasant and promising conditions, with much gain, growth and expansion, enhancing their possessions, business, prestige and popularity. Then "from out the blue" there may come a peculiar and inexplicable turn of the affairs of far-reaching significance. The entire future, in its various relations and aspirations, may be wrapped up in the same judgment of the current challenging events.

A child born on this day while talented, ambitious, capable and progressive, may be subject to unique or unfathomable visitations to complicate its plans.

Household Scrapbook

By Roberta Lee

Slipping Rug

A remedy suggested for a slipping rug is to take three preserving jar rubbers, sew them together and attach to the underside corner of the rug. Of course, this must be done to each corner.

Apple Balls

Apple balls make an attractive winter garnish. Cook one-inch apple balls until tender in sugar syrup colored red or green. Use them for touching up appetizers, salads, or dessert, or for garnishing the turkey platter or vegetable dishes.

Eliminate Smoke

To remove all smoke from a room within a few minutes, dip a towel into vinegar and hot water (equal parts), wring out, and fling it gently over the head about the room.

EMBARRASSING FACE BLEMISHES

Relief in 7 Days

SATISFACTION OR MONEY BACK
Pimples, eczema, rash, blackheads start to clear up fast with Cuticura Soap and Ointment. Cuticura is highly successful—contains recognized medicinal ingredients. Buy and try fragrant, effective CUTICURA Cuticura today.

Modern Etiquette

By Roberta Lee

Q. What rules apply to a bride's displaying her wedding gifts?
A. Sometimes the gifts are shown only to the relatives and close friends. It is quite all right, however, to let all the guests at the reception view the gifts, a special room being set aside for displaying them.

Q. I know of one person who makes a habit of placing his hand on a person's arm while talking with him. What do you think of this?
A. This may be a friendly gesture, but it is very annoying to some people, and it is better to avoid the reputation of being a "pawer."

Q. Is it all right for a person to butter an entire slice of bread at a meal?
A. No; the bread should be buttered only a small piece at a time.

Local Housewife Wins With Favorite Recipe

The following recipe for Tuna Scallop won honour for Mrs. C. Thompson of Charlottetown in a Chateleine — sponsored national contest for original home-proven recipes.

- Make cream sauce of these six ingredients:
4 tablespoons butter
2 cups milk
1 teaspoon salt
5 tablespoons flour
3-4 teaspoon sugar
1-8 teaspoon pepper

- 2 beaten eggs
1 tablespoon lemon juice
1 tablespoon chopped parsley
1 cup (can) tuna fish
1-4 cup minced onion
1 tablespoon chopped pimento (parsley and pimento can be omitted).
Remove sauce from heat and stir in beaten eggs. Flake tuna fish, mix with lemon juice, onion, parsley and pimento. Combine mixtures and turn into buttered baking dish. Cover with buttered crumbs and bake at 350 deg. F.—30 to 45 minutes depending on size of dish. Brown well. Garnish with hard cooked egg slices and parsley.

Named One Of World's Best-Dressed Women



In the New York dress institute's annual poll of 500 fashion designers' style authorities, editors and socialites for the world's best-dressed women for 1951, the supremacy of the Duches of Windsor, who has led the voting for some 10 years, was challenged by her royal in-laws, the Duches of Kent and Princess Margaret Rose, both of whom made the 1951 sartorial hall of fame. Another prominent socialite to be so honored was Mrs. William Randolph Hearst Jr., wife of the president of Hearst Consolidated Corporation. This year 14 were endowed with titles, instead of usual 10.

Cook's Corner

TOASTED TEA ROLLS

1/2 cup butter or margarine, 1 loaf unsliced bread, 1 1/2 table-spoons granulated sugar, 1 tea-spoon cinnamon, 1/2 cup grated Parmesan cheese.
Heat oven to 375 degrees F. (moderately hot.) Soften butter. Cut all crusts from bread. Cut loaf in half lengthwise, cutting from top almost to bottom. Then cut into 1 1/2 inch pieces, crosswise, almost through to bottom to make rolls. Butter top, sides, and cut surfaces. Sprinkle one loaf with combined sugar and cinnamon, other with grated cheese. Place on rack in shallow baking pan. Bake in moderately hot oven of 375 degrees F. 15 to 20 minutes or until golden. Break rolls apart. Makes 12 servings.

Anne Adams Patterns

WHAT A SWEETHEART

TWO MAIN pattern part! Yes, this is a beautiful apron — with princess lines and flirty skirt. Wild-Rose embroidery, bias binding and heart pocket. Add gayety and charm. For a kitchen shower this would please a bride. Easy embroidery transfer included!
Pattern 4986 in sizes small 14-16; medium 18-20; large 40-42. Small size 2 1/2 yards 35-inch.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.
Send order to ANNE ADAMS c/o of The Guardian, 80 Front St. West, Toronto, Ontario.



4886
S-14-16
M-18-20
L-40-42
by Anne Adams

DOROTHY DIX SAYS—

Office Parties

Young Wives Disapprove Of Annual Gatherings

DEAR MISS DIX: We are three young married women with children and would greatly appreciate your honest opinion on the following. What with the holiday season upon us, our husbands will undoubtedly attend the usual office parties at which they will dine and dance with their women associates, and without their wives present. Do you think this is proper?
K. L. AND B.

ANSWER: The practice of Christmas and New Year's parties in offices, or other places of business, has become so firmly entrenched that all your disapproving will not curtail it. It seems to me to be rather a pleasant custom. For any business organization to fulfill its mission successfully, there must be harmonious accord among all its members. Isn't it logical that the friendliness growing among congenial business associates should have an expression in one gala event at the year's end?

THEY ARE INNOCUOUS

A wife with inclinations toward jealousy will naturally resent her husband's participation in such affairs—as she resents his every more where an other woman is concerned. A sensible woman, on the other hand, especially one who has herself been in the business world, will appreciate how innocuous these things are.

Attendance at office parties is very often practically obligatory, so don't begin to berate your husbands as soon as they announce their intention of attending one. If you can trust your men with their business associates for the rest of the year, why make an exception for the holidays?

DEAR MISS DIX: We have been married 41 years, and during
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Morning Smile

Good Lessons

"You skate wonderfully, dear. Did it take you long to learn?"
"No; I was fairly confident after three sittings."

Smarty

Teacher: "This morning I am introducing something new. I want you to put twenty questions to me, one at a time, of course — and see how many I can answer."
A minute's pause, after which a small boy put up his hand, "Please miss, Willie Wright wants to know how many full stops there are in a ten cent bottle of ink."

Announcing! . . .

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